

## International Success!

### **Kat Driscoll – Apollo Trampoline**

Britain's trampoline gymnasts made a highly encouraging start to the 2016 season with some fine displays at the World Cup event in Baku, Azerbaijan. 2012 Olympian Kat Driscoll lead the way securing the individual Bronze medal with a score of 54.470. Kat said "I'm really happy to start the Olympic year with a good result. It's always nice to see the things you've been working on in training come through in the competitions. It's a really positive start with the European Championships coming up."



### **South Tyneside Acrobatics**

Great Britain's Acrobatic gymnastics trio have taken Gold at the Maia World Cup event. Lucy Atkinson, Lauren Emmerson and Erin Mattinson put in a fine display to score 26.910 and the prestigious title. We have local representation at the World's taking place in China at the moment and we wish them all every success.



**South Durham Amy Tinkler** and coach Rachel travelled to Newark, New Jersey to represent Great Britain in the American AT&T World Cup. This was the first competition of the season for Amy and played a vital part competitions to follow which are official Olympic trials for Rio in the summer!! Amy had an excellent competition trying out over 6 new upgrades to her routines to finish in an incredible 4th place!!



## Advance Notice!

The North Region Conference will be held at Middlesbrough College on July 17th. This event is open to all coaches. There will be a range of workshops throughout the day including First Aid, Conditioning work for all disciplines, the new conditioning set for Trampoline, DMT and Tumbling, Display work, Dance, basic tumbling skills – whatever we can fit in to the day!

## National News!

**Freddy Nelson – City of Newcastle** British Championships On Thursday 10th March 2016 Freddy Nelson became the Under 12 British Vault Champion 2016 and on Friday 18th March he made it the double and became the Under 12 English Vault Champion 2016.



Freddy performed a straight Kazamatsu which was the highest difficulty vaults anyone performed at his age group, scoring 13.250. Freddy is currently ranked 6th in Great Britain at his age group and a lot of hard work is paying off with some outstanding results. Congratulations Freddy!!!

### **WA British Teams - Glasgow.**

**South Durham** entered 6 young gymnasts into the British Team Championships - Amy Tinkler, Jade Armstrong, Dena Kirk, Leah Rockett, Mia Scott and Leah Greenland. After an amazing competition by all gymnasts South Durham finished in 3rd place, the first team medal in over 10 years. This also stood as Amy's first official Olympic trial – Amy had an amazing competition and took the trophy that was awarded for the highest individual all around score and then the second trophy awarded for the highest individual score any one piece by any gymnasts which Amy got for her double twisting yurchenko on vault.



**English Championships – Loughborough.** **South Durham** entered 6 gymnasts across the age groups... Leah Greenland, Mia Scott and Lydia Collins in the Espoir category,



Dean Kirk and Leah Rockett in the Juniors and Amy Tinkler in the Senior English Championships. The girls all did a fantastic job, gaining valuable experience Amy finished as runner up in the all around English Championships with more medals on apparatus - silver on beam, silver on floor and bronze on bars.



## Club News!

Neil Couch writes that ..... "The progress **DCGymnastics** has seen in its gymnasts since opening its dedicated gymnastics centre, is phenomenal. For one reason or another (just life really) it took us 15+ years to get to this stage, but the positive impact on our gymnasts, every day, every hour, is simply amazing. Sure, it is the hardest work our Coaching team has ever done, the longest hours in any career path any of our Coaching team has ever completed. But the rewards for our club, our town, our area are priceless. All made possible by a British Gymnastics Facility Grant, thank you British Gymnastics"

Felicity Brown from **Gymtopia** sent in this report..... Our girls achieved great results in the North WA Grades on February 21st, coming home with various medals and ribbons. Katie Thompson became the 12 yrs and Under North Grade 4 Champion. Gymtopia also won the 12 and Under Grade 4 team Gold. Well done Katie Thompson, Jessica Nainby, Emily White, Sophie Benfield.

We also took part in the Regional Club Grades again



coming home with various medals and ribbons and also the 11yrs and Under Club Grade 6 Team Bronze. Well done to Jessica White, Katie Dixon and Brooke Taylor-Burton.

At 11 yrs and Under Club Grade 5 we won Team Gold with Gemma Nainby, Amelia Bernard and Brooke Inchmore with overall Grade 5 Champion Gemma Nainby . We are hoping for lots more success in the future!

Lynn Hope sent in this report.....**Northern Hope** Tumblers got 2016 off to a successful start as its young tumblers competed in the Regional NDP Championships bringing 17 medals back to the club with twelve of the gymnasts qualifying for the national semi-finals. The championships



were held in Hartlepool and 27 tumblers from the Club took part . Gold medals went to Kody Langley, Isaac Dodd, Fin Lewis, Josh Smirk, Grace Hewitt, Paris Ash, Alysha Ridley, Lucy Mckenna,

and Grace Brown. Silver medalists were Jada Langley, Eleanor Whalmsley, Paige Cosgrove and Bronze medals were awarded to Dominic Bell, Ky Moore, Libby Nelson,

Sky Lewis, Imogen Atkinson. In total 179 gymnasts from 12 clubs across the North thrilled and entertained with their skills as they contended for medals in the different categories and the opportunity to proceed to the National NDP semi-finals.

On 12th & 13th of March the Northern Hope Acro section took part in the NDP Regional Acro Competition at South Tyneside Gymnastics Club. We have one pair Josh Smirk & Ellie Stevens who won the gold medal for the Mixed Pairs Grade 1 and they will be going to Stoke for the National Finals in May. Our Grade 6 Olivia Heath, Alysha Ridley and Lola Madden won silver medals.



Our Artistic group have been competing in their first ever NDP Grades at the City of Newcastle Academy. At Grade Sky Lewis and Imogen



Atkinson passed their Grade; at Grade 5 Natalia Hughes, Lucy McKenna, Grace Brown and Grace Hewitt all passed and our team of Natalia, Lucy & Grace Brown won the Gold medal with Lucy also winning overall silver and Natalia Bronze with Grace winning the sixth place ribbon.

We also hosted a TeamGym competition here at the Northern Hope Centre. Our Level 6 full team came 3<sup>rd</sup>; the Level 5 micro teams were 1<sup>st</sup> and 4<sup>th</sup> and our level 4 Micro team came 1<sup>st</sup>. For many of these gymnasts, this was their first try at TG and all are now preparing for the Newcastle Open in June.

Congratulations to all our gymnasts, I am so proud of you all and a big thank you goes to all our hardworking, dedicated coaches.

Chris Wrigley tells us ..... **Kendal Gymnastics Club** was seriously affected by the floods in Cumbria at the beginning of December last year. Not only did we lose almost all our equipment but also our training site was completely out of action for over a month. Coaches' and gymnasts' houses were also affected but everyone stuck together and the club's tremendous spirit kicked in.

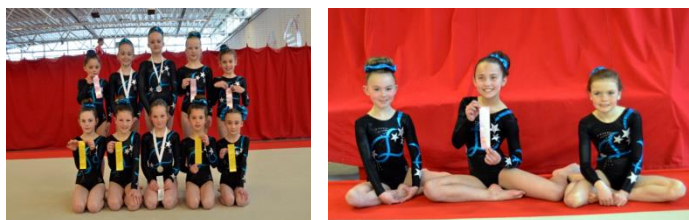
Even when we moved back in we had no sprung floor or bars but we managed to work hard with what we had. Our gymnasts were back in action on 28<sup>th</sup> February at the Cumbria Floor and Vault, coming away with an impressive haul of medals.







Our bars went back up at the end of February and we had a successful day at the grades 3 weeks later.



We were very excited waiting for our new sprung floor and other equipment to be delivered by Continental the day after the grades but, sadly, delivery has been delayed. Despite having had a tough time, what has really kept us going has been the tremendous support of our friends in the gymnastics community. We had offers from all over the North and even further afield to help with training, although we were not able to take them all up due to the travelling distance, but we would like to thank everyone for thinking about us.

A real surprise, though, was when the British Gymnastics Foundation arranged for us to travel to watch the British women's squad train at Lilleshall at the invite of national coach, Amanda Reddin. Not even a 6 o'clock start on the coach could dampen the enthusiasm, and it was an amazing privilege to watch our top gymnasts in action performing their amazing skills. Not only did we see them train but the whole squad gave us time to talk to them and get autographs and photos and a fully signed club banner.



Sam Campbell from the Foundation arranged everything perfectly and looked after us so well on the day, even managing to get us some time on the equipment.

So, once again we have an empty gym whilst we wait to hear when our new equipment will eventually be installed but we are looking forward to soon being able to tell everyone what a great gym we have!

Also in Cumbria Kim would like you to know .....



**Carlisle Trampoline Club** would like to say a massive thank you for our North Region Trampoline Club of the Year Award!

While Susan Noake reports that - The third annual **Cumbria General Gymnastics Competition** will be held on June 19th at Millom Recreation Centre.

Craig Burton is very pleased to report that the **Middlesbrough College Academy** students Demileigh Bell, Adele Warrior, Emily James and Samantha Arthur achieved Gold coached at the recent NESGA Floor and Vault Team Competition. Coached by Paula Metcalfe and Robert Davies the team now progress to national finals. Congratulations to all involved

**Abbie Rutter** coach to the TeamGym Junior National squad at City of Newcastle Gymnastics Academy has been selected for an amazing opportunity to represent British Gymnastics and study coaching techniques in Iceland. Abbie is one of only 6 coaches to have been chosen from a huge number of applicants for their potential as the next generation of TeamGym performance coaches.



The coaches will work with former Danish National Coach and current Icelandic National Coach – Henrik Pillgard at the training centre in Stjarnan, Iceland. The intention of the trip is forge a closer working relationship with the Icelandic Federation, to inspire the young coaches and to bring back new ideas and training techniques.

City of Newcastle Gymnastics Academy is extremely proud of Abbie and her achievements. Enjoy the experience.



## NORTH DATES 2016

Date	Discipline	Organiser	Event	Venue	Entry By
April 10 <sup>th</sup>	General	Region	Floor & Vault Recreation Level	Gateshead	March 10th
April 17 <sup>th</sup>	General	Region	Floor & Vault Club and Competition	Hartlepool	March 10th
April 17 <sup>th</sup>	WA	Region	National Grades	South Durham	
April 30 <sup>th</sup>	Schools	BSGA	School Gym - Team Floor and	Stoke	
May 1 <sup>st</sup>	Schools	BSGA	Vault; Acrobatics; Tumbling Final	Stoke	
June 11-12 <sup>th</sup>	TeamGym	Club	Newcastle Open	Newcastle	
June 19 <sup>th</sup>	General	Region	Recreation Level Apparatus	Hartlepool	May 19th
June 19 <sup>th</sup>		Cumbria	General Gymnastics Competition	Millom	
June 26 <sup>th</sup>	Acrobatics	Region	Open/Team Competition		May 13th
June 26 <sup>th</sup>	WA		South Durham event		
July 3 <sup>rd</sup>	General	Region	Club and Competition Apparatus	Hartlepool	May 19th
July 10 <sup>th</sup>	WA		Summer Classic		
July 28 <sup>th</sup> – 31 <sup>st</sup>	Multi	BG	British Championships Acro; TG; RG	Liverpool	
September 25 <sup>th</sup>	WA	Region	WA Voluntary F&V	South Durham	
Sept 30/Oct 2 <sup>nd</sup>	WA		Pink Ladies	South Durham	
October 16 <sup>th</sup>	WA	Region	Regional Voluntary 5,4,3,	TBC	
October 23 <sup>rd</sup>	WA	Region	North Voluntaries	Newcastle	
November 27 <sup>th</sup>	Acrobatics	Region	Pre-Grades		October 7th
November 27 <sup>th</sup>	WA	Region	Team F&V	TBC	

## COURSE UPDATE

<i>Course</i>	<i>Dates</i>	<i>Venue</i>
<i>Time To Listen</i>	<i>7 April 5.30pm – 9pm</i>	<i>Middlesbrough College</i>
<i>UKCC Level 2 Women's</i>	<i>10, 23, 24 April &amp; 8 May</i>	<i>Hartlepool GC</i>
<i>Award Scheme Course</i>	<i>24 April 9am – 4.30pm</i>	<i>Berwick GC</i>
<i>Award Scheme Course</i>	<i>24 April 9am – 4.30pm</i>	<i>Acklam Gymnastics Club</i>
<i>UKCC Level 2 General</i>	<i>24 April, 7, 8 &amp; 22 May</i>	<i>Northern Hope GC</i>
<i>UKCC Level 1 General</i>	<i>8, 21 &amp; 22 May</i>	<i>Northern Hope GC</i>
<i>UKCC Level 1 Tumbling</i>	<i>5, 18 &amp; 19 June</i>	<i>Gymworld</i>
<i>UKCC Level 1 Acrobatics</i>	<i>5, 18 &amp; 19 June</i>	<i>Gymworld</i>
<i>UKCC Level 1 Trampoline</i>	<i>12 June, 9 &amp; 10 July</i>	<i>Yewdale Community Centre</i>
<i>UKCC Level 2 Trampoline</i>	<i>26 June, 10, 17 &amp; 31 July</i>	<i>Pennywell Community Centre</i>
<i>Freestyle Level 2</i>	<i>16 July 10am – 4pm</i>	<i>AAA Sports</i>
<i>UKCC Level 1 Pre-School</i>	<i>13, 27 &amp; 28 August</i>	<i>Northern Hope GC</i>
<i>UKCC Level 1 Women's</i>	<i>13, 27 &amp; 28 August</i>	<i>Northern Hope GC</i>

Thanks to Everyone who has contributed to this NEWS! Next edition due in June!

